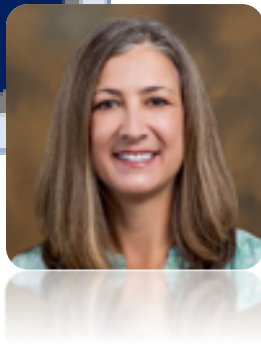




# Continuing Medical Education

Licking Memorial Hospital  
**INDEPENDENT  
LEARNING  
ACTIVITY**  
Enduring Materials

## “Clinician Education on Mindfulness-Based Intervention”



Guest speaker

**Jessica Englehart, LPCC-S,  
ATR, RYT**

LM Behavioral Health

### LEARNING OBJECTIVES

At the conclusion of  
this session learners  
will be able to:

- Identify stress as it arises. Intervene with effective strategy to manage stress.
- Develop capacity for present moment attention through use of empathic and compassionate listening skills.
- Demonstrate thoughtful and responsive behaviors in interpersonal communication.
- Identify and utilize practices to relax, renew and stabilize.

**Learner Participation Threshold:** To obtain **AMA PRA Category 1** credit, the participant is required to listen/watch the recording in its entirety, complete the pre and post test and evaluation and return this to the CME Coordinator in the Medical Staff office.

**Accreditation:** Licking Memorial Hospital is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.

**Designation:** Licking Memorial Hospital designates this enduring activity for a maximum of **1 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Speaker Disclosure:** Jessica Englehart, LPCC-S, faculty for this educational event, has no relevant financial relationship(s) with ineligible companies to disclose.

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